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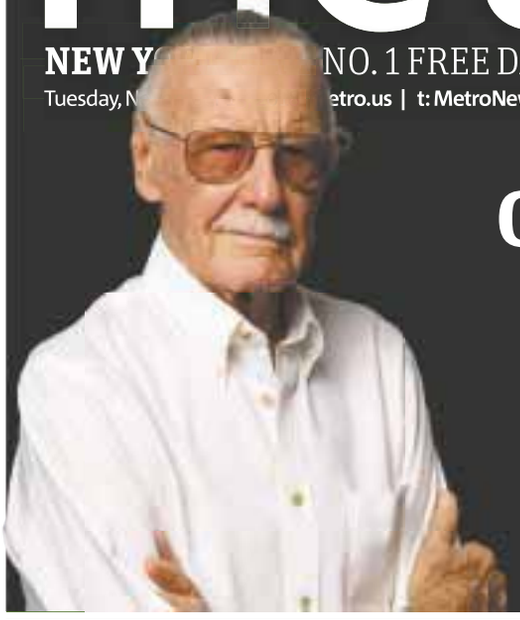


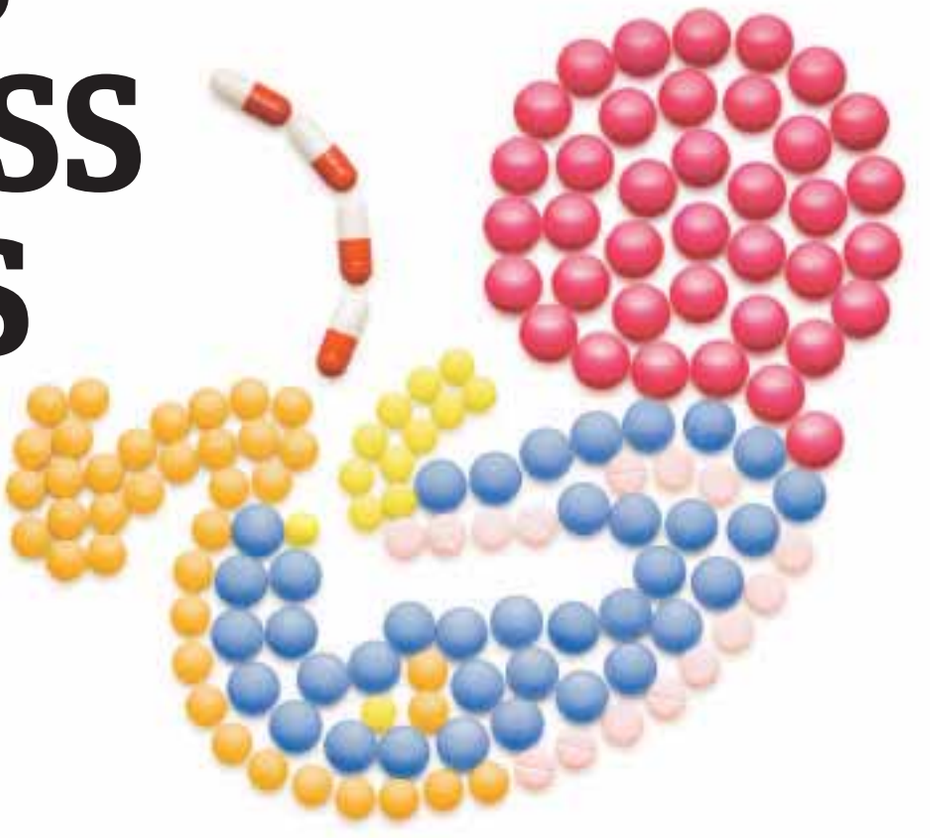
COMIC BOOK WORLD MOURNS

Marvel creator Stan Lee dead at 95. 14

GETTY IMAGES & METRO SAO PAULO

OPIOIDS' HELPLESS VICTIMS

Over the past decade, more than 130,000 babies have been born addicted to drugs due to their mothers' battling addiction. See what is being done to give these children a chance to survive. 4



ISTOCK

The search continues for those missing in CA wildfires. 12-13

'Walking into your own Nutella jar.' 26

Bowles expected to stay with Jets through 2018. 32

5 THINGS TO KNOW

WELCOME TO METRO.US

ANNA HÄRSTEDT, STAFF WRITER

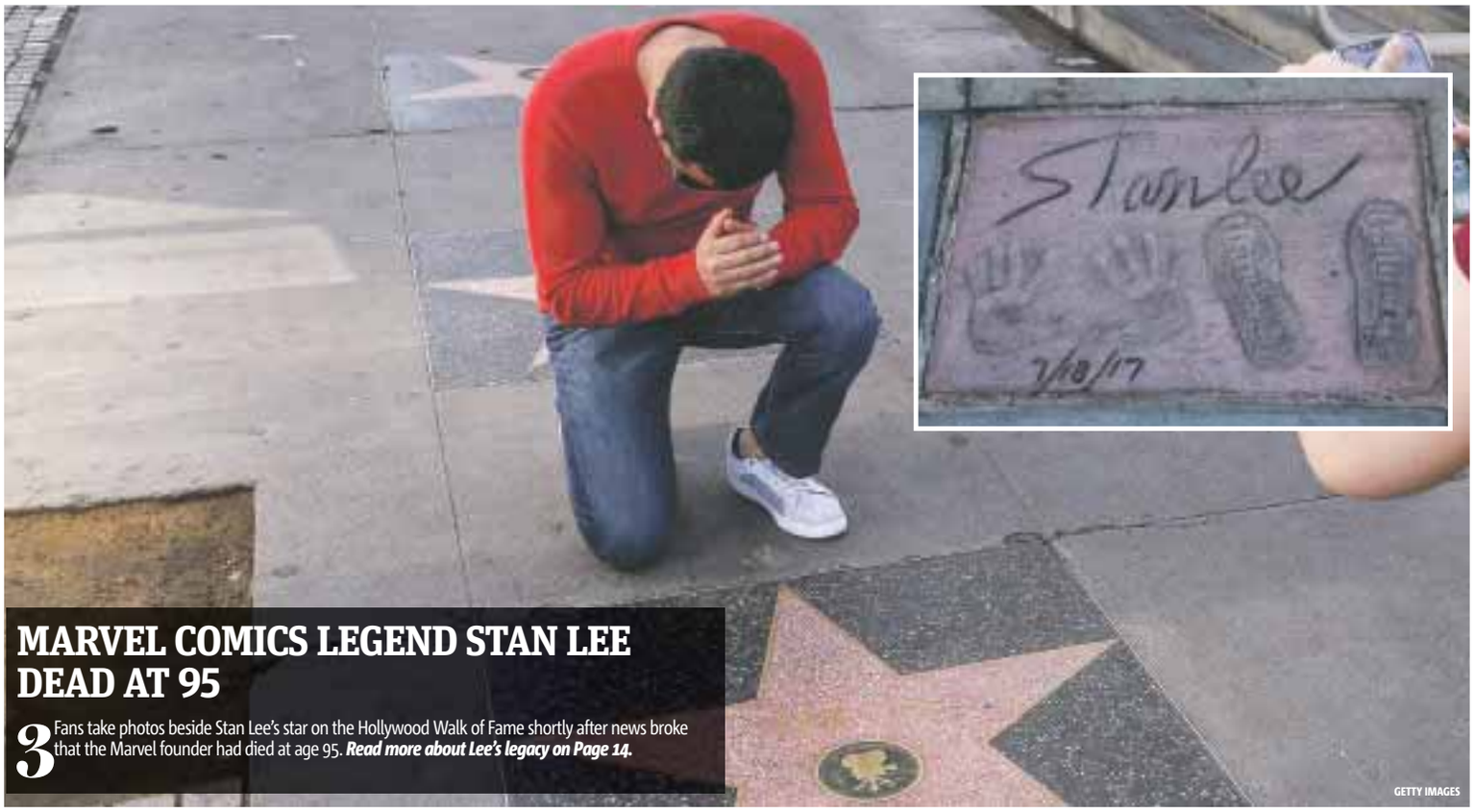
New York, like many states, is suffering the consequences of an ongoing opioid epidemic. I got to meet the smallest victim at Mount Sinai's NICU Developmental Follow-Up Clinic in New York City. With a mother addicted to heroin, the baby was born dependent on drugs. She suffered her first months going through withdrawals, which made her shake and gasp for air. It was heartbreaking to see and, unfortunately, she's far from the only victim in New York. Read more on page 4 and at **metro.us**.

TRUMP SEEKS END FOR FLORIDA RECOUNT

1 President Donald Trump on Monday urged Florida election officials to end a recount and declare his fellow Republicans the winners of disputed races in last week's midterm elections as a judge urged both parties to be careful with claims of fraud. As Florida officials scrambled to review more than 8 million ballots by Thursday, Trump, without providing evidence, cast doubt on the recount process. Leads by the Republican candidates in the races for a seat in the U.S. Senate and for the governor's office shrank as more ballots were tallied following last Tuesday's election. State law mandates recounts in elections where margin of victory is within 0.5 percentage points. Trump called for an end to the recount even though state rules allow election officials to wait 10 days for absentee ballots submitted by registered voters living outside the United States, including active-duty military personnel. A machine recount began over the weekend in the race between outgoing Florida Gov. Rick Scott and U.S. Sen. Bill Nelson, with another recount underway for the Florida gubernatorial race between Ron DeSantis and Andrew Gillum.

NYC, VIRGINIA SELECTED FOR AMAZON HQ2: WSJ

2 Amazon is expected to name New York City and Northern Virginia on Tuesday as the locations for its HQ2 sites, according to a report from the Wall Street Journal. From a public contest that began nearly a year ago with 238 cities, it came down to Long Island City, Dallas, and Arlington, Virginia, near Washington, D.C. Amazon held advanced talks with all cities. It was unclear what incentive packages were offered to Amazon, although New Jersey early in the contest proposed $7 billion in potential credits against state and city taxes if Amazon located in Newark and stuck to hiring commitments. Last week, Gov. Andrew Cuomo said the state was in talks with Amazon. "We have a great incentive package," which was not "crazy" like other states' offers, he said, according to audio from WCBS 880 Radio. "I'll change my name to Amazon Cuomo if that's what it takes," he said. Local politicians, though, a week ago expressed space concerns about HQ2's move to Long Island City. "I've got a real problem with what I'm hearing," Queens State Sen. Mike Gianaris said. "Long Island City is already stretched to the limits."



MARVEL COMICS LEGEND STAN LEE DEAD AT 95

3 Fans take photos beside Stan Lee's star on the Hollywood Walk of Fame shortly after news broke that the Marvel founder had died at age 95. ***Read more about Lee's legacy on Page 14.***

GETTY IMAGES

IRAN HONORING NUKE DEAL AMID NEW SANCTIONS: IAEA

4 Iran has continued to implement the main nuclear restrictions set by its 2015 deal with major powers even as the United States reimposed sanctions against Tehran, a U.N. atomic watchdog report showed on Monday. Iran has kept its stock of low-enriched uranium as well as the level to which it refines uranium within the limits set by the landmark deal, according to the International Atomic Energy Agency report to IAEA member states, obtained by Reuters. Several of the main items curbed under the deal, designed to lengthen the time Iran would need to build a nuclear bomb if it ever chose to do so, were verified shortly before U.S. sanctions were reimposed on Nov. 5 as a follow-up to Washington's withdrawal from the nuclear accord announced in May. A senior diplomat, however, later said that there was no sign Iranian behavior had changed since that date. "There is nothing that indicates that Iranian cooperation or the Iranian attitude has changed since the 5th of November." Iran's reserve of low-enriched uranium remained well below the deal's 202.8 kg limit at 149.4 kg, the quarterly report by the Vienna-based IAEA showed.

MAN WHO TRIED TO SELL LENNON DIARIES CHARGED

5 A 59-year-old man was charged in Germany on Monday on suspicion of trying to sell stolen diaries and other items that had belonged to the late Beatle John Lennon. The suspect, identified by the Berlin prosecutors' office only as Erhan G., in 2014 commissioned an auction house in Berlin to sell the items, receiving an upfront payment of $884,000, the office said in a statement. The items, which were stolen from Lennon's widow Yoko Ono in 2006 and ended up in Berlin, also included letters, a recording of a Beatles concert and a pair of Lennon's glasses. Among them was Lennon's last diary, which ended on Dec. 8, 1980, the day he was shot and killed in New York. It contained the entry that on that morning Lennon and Ono had an appointment with photographer Annie Leibovitz. The resulting portrait of a naked Lennon curled up around Ono on their bed ran on the January 1981 cover of Rolling Stone magazine. "Further documents, an illustration and another pair of John Lennon's glasses were found hidden in the suspect's car," the prosecutors' office said, adding it was charging the man with receiving stolen goods and conspiracy to fraud.

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XP18_189

Meet New York City's smallest victims in the opioid epidemic

Within the past decade, more than 130,000 babies have been born addicted to drugs. Here's what's being done to give the most vulnerable a fighting chance at life.

ANNA HARSTEDT
letters@metro.us

ALL MOUNT SINAI IMAGES

A nurse wraps a four-week-old baby girl in a swaddling cloth, trying to comfort the child as her tiny feet shake, her little hands clenched as she gasps for air.

Like more than 130,000 children born in the United States in the last decade, this baby entered the world hooked on drugs, a dependency inherited from a mother battling an addiction.

The baby is suffering a form of newborn dependency called Neonatal Abstinence Syndrome (NAS). NAS occurs when a pregnant woman takes addictive drugs while pregnant. During the pregnancy, the baby becomes addicted along with the mother, and depends on the drugs after birth.

Dr. Jennifer Bragg, neonatologist and director at the Mount Sinai NICU Follow-Up Clinic in New York City, has been working closely with this baby and many others that suffer through NAS in New York.

Bragg explains that this is one of the severe cases, having a mother who's addicted to both heroin and tobacco. In the baby's first month of life, she has been going through withdrawals that make her tremble, wail and sometimes gasp for breath.

"She's been given morphine to get the withdrawals under control and she's having trouble eating and sleeping," Bragg told Metro.

Scenes like this play out every day in hospitals across the country, as increasing numbers of women of childbearing age struggle with opioid addiction.

Nationally, the rate of American children born with NAS has quadrupled over the past 15 years; a child is now born with the disease every 20 minutes in the U.S., according to the U.S. Centers for Disease Control and Prevention.

Bragg has noticed a dramatic increase of babies being born with NAS in the last five years in New York City, and stresses that it needs to be a priority.

"She's been given morphine to get the withdrawals under control and she's having trouble eating and sleeping."

Dr. Jennifer Bragg, neonatologist and director at the Mount Sinai NICU Follow-Up Clinic in NYC

"Our work with NAS babies has been more extended and needed here in New York City in the recent years due to the opioid epidemic," Bragg said.

130K

Babies born addicted to drugs within the past decade in the U.S.

At the NICU Follow-Up Clinic in New York City, they work closely with NAS babies since they need special care and are difficult to handle. Bragg explains that the babies can have a wide range of different symptoms and are extremely vulnerable.

They don't do well with a lot of light and loud noises, and don't like to be touched, so the doctors try to help them with as little handling as possible.

"The key is in preventable care and to support these families throughout the pregnancy," Bragg said. "The more we can support the family structure, the better the outcomes will be."

The prognosis for babies born with NAS is still quite unknown, which worries health officials.

"I know that the long-term risks for a baby born with NAS are definitely multifactorial," Bragg said.

Children with NAS may experience developmental delays or attention problems later in life. Research by the University of Tennessee has found that children with NAS are more likely to end up in the foster care system.

New York, like many states, is suffering the consequences of an ongoing opioid epidemic that has taken many lives. Bragg believes that babies born with NAS are a major issue and that it's her job as a doctor to give these babies and their families support.

"To watch a baby that is going through withdrawals and suffers is heartbreaking," Bragg said. "No baby should be going through that."

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GETTY IMAGES

City officials crack down on Airbnb rentals, raid Manhattan condo

Residents at the Atelier tipped off officials that owners in the building, including two board members, were illegally renting.

SARAH LUOMA
letters@metro.us

New York City law enforcement officials conducted a raid on the Atelier Manhattan condominium building last month, issuing more than 27 citations to owners of the condos who illegally rented out their property on Airbnb. Two of the individuals sit on the board of the 46-story luxury building.

"The extensive violations written show a clear need for building ownership and management to take action," Christian Klossner, executive director of the Mayor's Office of Special Enforcement, told the Wall Street Journal.

"The extensive violations written show a clear need for building ownership and management to take action."

Christian Klossner, executive director, Mayor's Office of Special Enforcement

NYC officials were tipped off by owners in the building who were becoming increasingly annoyed by tourists in their building from Argentina, Switzerland, Spain and other countries. A group of residents banded together and issued a list of roughly 100 condo owners who they believed were breaking the law.

According to city officials, some residents were renting their condominiums for upwards of $400 a night.

Residents at the Atelier who filed complaints with the board shared that they were retaliated against for complaining, and issued fines themselves.

"It's war," explained Tanya Helfand, a lawyer who bought a studio on the 14th floor this year.

Condo board president Daniel Neiditch has come under fire for allowing building residents to list their condos on Airbnb. Many have called for Neiditch's resignation. Neiditch reportedly stated that there isn't much he can do to stop residents from renting their condos out to Airbnb, adding that his hands are tied.

Josh Meltzer, head of Northeast policy for Airbnb, called cases like this one "rare and not representative of our host community — the vast majority of whom are sharing the home in which they live — but they do reinforce the need for a comprehensive, statewide bill that would provide for strict recourse against bad actors and protect the rights of regular New Yorkers who are responsibly sharing their homes.

"Airbnb supports legislation in Albany that would create a commonsense, comprehensive path forward, and we invite the Office of Special Enforcement to do the same," he added.

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NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going is be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

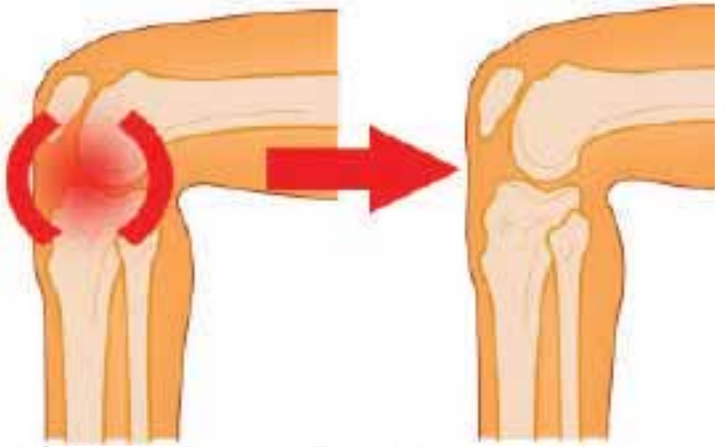
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help you find the right doctor for you.



NYC Pain MD "**Treatment Formula**" A protocol of advanced medical treatments that has already helped thousands.

If you qualify, NYC Pain MD offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action… step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

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Allentown diocese sued over decades-old sex abuse

Man alleging sexual abuse as an altar boy sues for cover-up of priest's "perverse proclivities."

SAM NEWHOUSE
sam.newhouse@metro.us

A 29-year-old man filed a lawsuit saying that he was sexually abused by former priest Bruno Tucci over several months, from the age of 10 to 12, while serving as an altar boy at Our Lady of Mt. Carmel in Allentown — years after Tucci previously had been outed to church leadership as a predator.

The news comes as the U.S. Conference of Bishops announced during its meeting in Baltimore that, per the Vatican's request, it will withhold a broader response to the re-emerging Catholic sex abuse scandal until after a global meeting called for by Pope Francis to address the scandal in February 2019 is held. Presidents of all global bishops' conferences are expected to attend.

Cardinal Daniel DiNardo of Texas (left) and Bishop Timothy Doherty of Indiana (right). GETTY IMAGES

"After Tucci admitted his guilt in 1991, the diocese neither disciplined him nor advised parishioners of his misconduct, nor warned parishioners of his perverse proclivities."

Lawsuit filed by Philadelphia-based Williams Cedars law firm

In the Allentown diocese, Tucci's history of abuse — and its cover-up by church officials — was detailed in the grand jury report published in August after two years of investigations by an investigatory grand jury convened by Pennsylvania Attorney General Josh Shapiro.

The report, which does not note the abuse described in the new lawsuit, stated another victim had called the diocese in 1991 to report being molested by Tucci at age 14, including during a Christmas mass. According to diocesan records reviewed by the grand jury, when officials confronted Tucci, he "admitted the allegations and stated that the incidents occurred 'exactly as the victim reported.' Tucci said it was 'just touching' and clarified he had not engaged in 'sodomy,'" the grand jury report said.

The church responded by sending Tucci to Servants of the Paraclete in New Mexico, a congregation of men for priests and brothers dealing with personal difficulties, for one year, before he returned to the diocese. According to the new lawsuit, first reported by NBC 10, it was just years later that Tucci molested the victim.

"After Tucci admitted his guilt in 1991, the diocese neither disciplined him nor advised parishioners of his misconduct, nor warned parishioners of his perverse proclivities," reads the lawsuit filed by Philadelphia-based Williams Cedars law firm in Lehigh County Court of Common Pleas on Monday. "Plaintiff suffered abuse at Tucci's hands over several months between 1999 and 2001."

The lawsuit targets former Allentown Bishop Edward Cullen, who oversaw the diocese from 1997 to 2009. "Cullen was aware of Tucci's past misconduct and perversity, but took no action to warn or otherwise protect children of the diocese, including plaintiff, from Tucci," it states.

Cullen was named repeatedly in the Pennsylvania attorney general report for failing to properly respond to predatory priests — as when, in 2004, he reported in a letter to the Vatican that priest Robert Cofenas had sexually abused teenage boys, and added, "There is great danger that this case could become public," according to the grand jury report.

The lawsuit against the Allentown diocese seeks unspecified damages.

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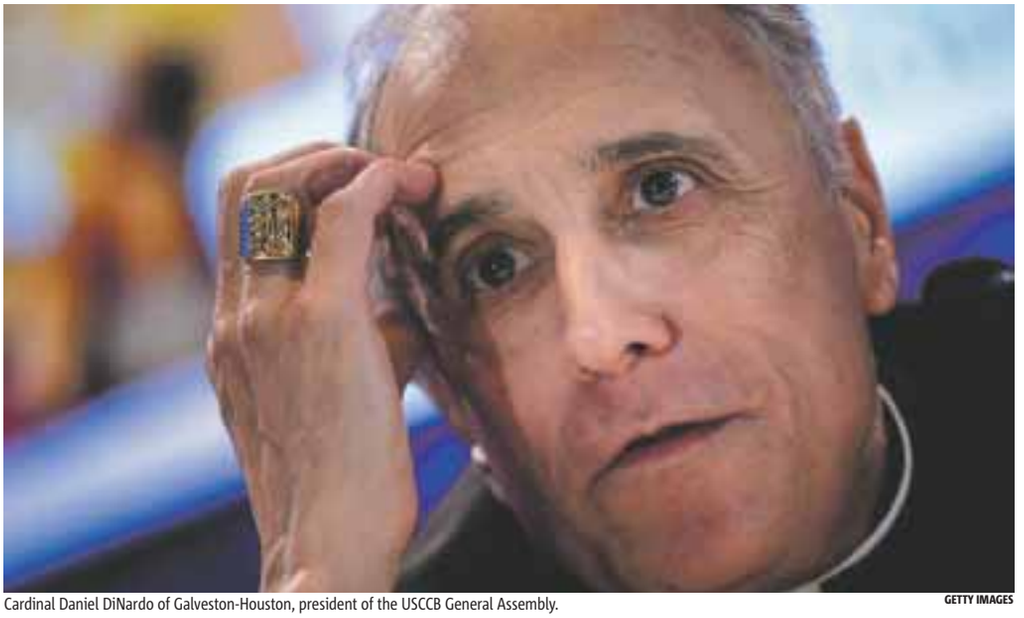
At Vatican's request, US bishops delay action on clergy abuse


Cardinal Daniel DiNardo of Galveston-Houston, president of the USCCB General Assembly. GETTY IMAGES

The U.S. Conference of Catholic Bishops will delay action to deal with a crisis involving sexual abuse of minors by clergy until after a global meeting in February at the request of the Vatican, conference president Cardinal Daniel DiNardo said on Monday.

The Catholic Church worldwide is reeling from crises involving sexual abuse of minors, deeply damaging confidence in the church in the United States, Chile, Australia, Ireland and elsewhere.

Cardinal DiNardo of Galveston-Houston said the Congregation for Bishops in Rome had sent a letter asking U.S. bishops to wait until after the Vatican-convened global meeting on sex abuse takes place in February.

"We have accepted with disappointment this particular event that took place this morning," DiNardo said at a media conference on Monday, the opening day of the conference. "We have not lessened in any of our resolve for actions."

In the United States, 13 state attorneys general have launched statewide investigations into sexual abuse by clergy.

In August, an 884-page report made public by Pennsylvania Attorney General Josh Shapiro stated that Roman Catholic priests in the state sexually abused nearly 1,000 children over a 70-year period and silenced victims through "the weaponization of faith" and a systematic cover-up campaign by their bishops.

The conference of bishops had expected to focus this week on measures to combat abuse, including establishing a new code of conduct, according to a September statement.

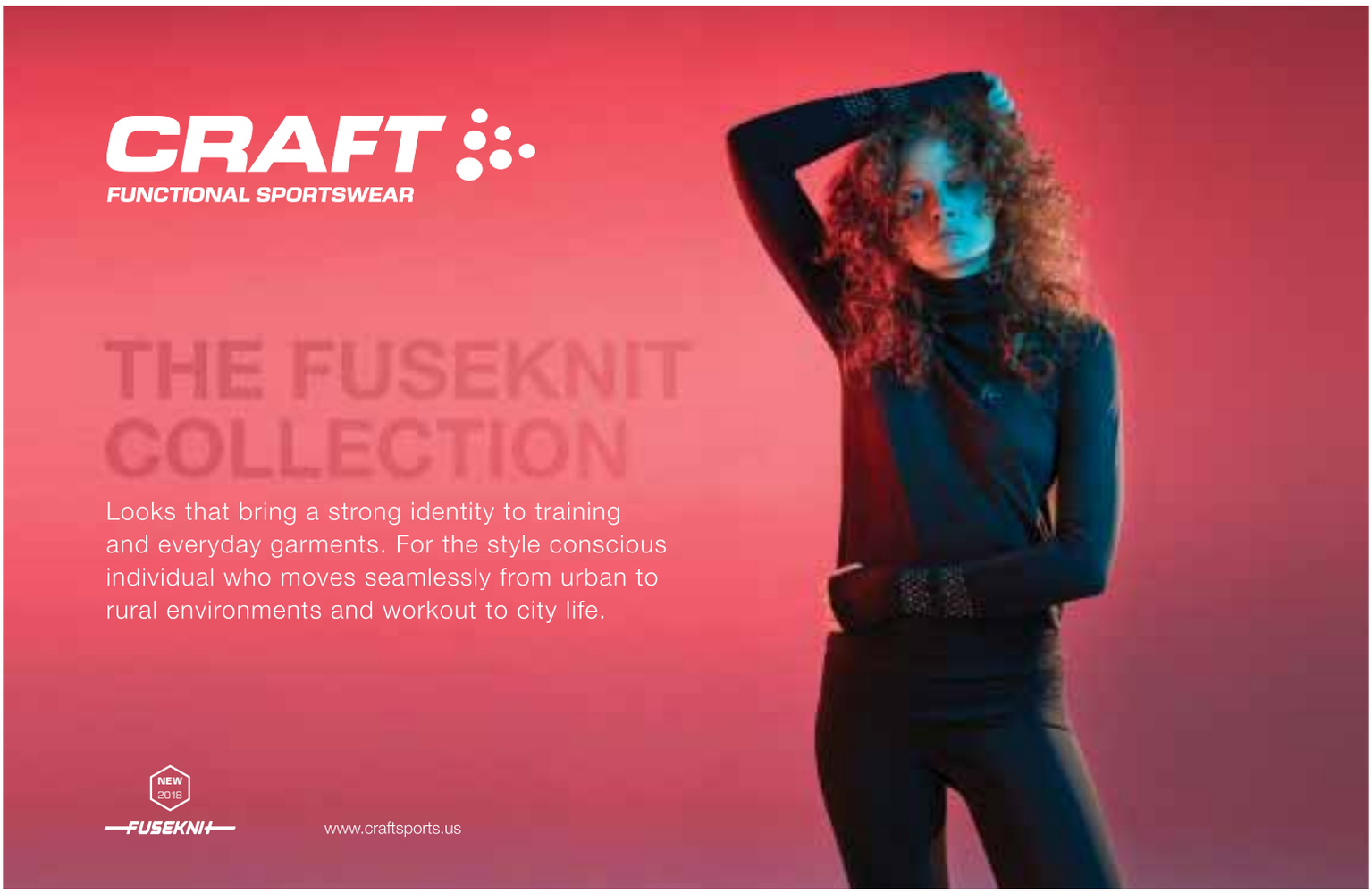
"We humbly welcome and are grateful for the assistance of the whole people of God in holding us accountable," the statement said.

Terry McKiernan, co-director of victims' advocacy group BishopAccountability.org, said the pope's intervention in this week's conference was a frustrating setback.

"This situation is so terrible that the only way that it's really going to be solved is if bishops convincingly demonstrate their remorse and concern," McKiernan told Reuters in a phone interview.

DiNardo called the delay "a bump in the road" on Monday but said it does not reflect U.S. bishops' lack of determination to deal with the issue.

"We were all set to move to reach an action stage here this week," DiNardo said. "I don't look upon any of this as a change in direction for the Catholic bishops of the United States." REUTERS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Doctor urges seniors to carry medical alert device

Seniors snap up new medical alert device that comes with no monthly bills

(NATIONWIDE) – People don't always do what their doctor says, but when renowned emergency room physician, Dr. Philip B. Howren says every senior should have a medical alert device, you better listen up.

"Seniors are just one fall away from being put in a nursing home," Dr. Howren said. With a medical alert device, seniors are never alone. So it keeps them living independently in their own home. That's why seniors and their family members are snapping up a sleek new medical alert device that comes with no monthly bills ever," he said.

Many seniors refuse to wear old style help buttons because they make them look old. But even worse, those medical alert systems come with monthly bills.

To solve these problems Universal Physicians, a U.S. company went to work to develop a new, modern, state-of-the-art medical alert device. It's called "FastHelp™" and it instantly connects you to free unlimited help anytime, anywhere nationwide with no contracts, no deposits and no monthly bills ever.

"This slick new little device is designed to look like the pagers doctors wear every day. Seniors love them, because it actually makes them look important, not old," Dr. Howren said.

FastHelp is expected to hit store shelves the summer of 2019. But special newspaper promotional giveaways are slated for seniors in select areas. ■

■ **NO MONTHLY BILLS:** "My wife had an old style help button that came with hefty bills every month and she was embarrassed to wear it because it made her look old," said Frank McDonald, Canton, Ohio. Now, we both have FastHelp™, the sleek new medical alert device that our grandkids say makes us look 'cool' not old," he said. With FastHelp, seniors never have to worry about being alone and the best part is there are no monthly bills ever.

Seniors born before 1956 get new medical alert device with no monthly bills ever

It's just what seniors have been waiting for; a sleek new medical alert device with no contracts, no deposits and no monthly bills that instantly connects you to free unlimited help anytime, anywhere nationwide with just a one-time $149 price tag that's a real steal after today's one hundred-fifty dollar instant rebate

(NATIONWIDE) – The phone lines are ringing off the hook.

That's because for seniors born before 1956, it's a deal too good to pass up.

Starting at precisely 8:30am this morning the Pre-Store Release begins for the World's first-ever medical alert device that comes with the exclusive FastHelp™ One-Touch E 911 Button that instantly connects you to free unlimited help anytime, anywhere nationwide.

"It's not like old style monitored help buttons that make you talk to a call center and only work when you're at home and come with hefty bills every month. FastHelp comes with state-of-the-art cellular embedded technology. That means it works at home or anywhere, whether you're out watering the garden, driving in a car, at church or even hundreds of miles away on a tour or at a casino. You are never alone. With just a single push of the One-Touch E Button

(Continued on next page)

■ **FLYING OUT THE DOOR:** Trucks are being loaded with thousands of new medical alert devices called FastHelp. They are now being delivered to lucky seniors who call the National Rebate Center Hotline at 1-866-211-7349 EXT. HELP21 today. Everyone is calling to get FastHelp, the sleek new medical alert device because it instantly connects you to free unlimited help anytime, anywhere nationwide with no contracts, no deposits and no monthly bills ever.

(Continued from previous page)

you're instantly connected to free unlimited help anytime, anywhere with no monthly bills ever," said Jack Lawrence, Executive Director of Product Development for U.S. based Universal Physicians.

"We've never seen anything like it. Consumers absolutely love the sleek new modern design and most of all, the instant rebate that practically pays for it and no monthly bills ever," Lawrence said.

FastHelp is the sleek new medical alert device with the rarest of combinations: a quality, high-tech engineered device that's also an extremely great value because there are no monthly bills ever.

Better still, it comes with no contracts, no deposits and no monthly bills ever – which makes FastHelp a great choice for seniors, students and professionals because it connects to the vast available nationwide network of cellular towers for free.

And here's the best part. All those who already have an old style monitored medical alert button can immediately eliminate those monthly bills, which is why Universal Physicians is widely advertising this announcement nationwide.

"So if you've ever felt a medical alert device was too complicated or expensive, you'll want to get FastHelp, the sleek new medical alert device with no monthly bills," said Lawrence.

The medical alert device slugfest was dominated by two main combatants: Life Alert® and Philips Lifeline® who both offer old style monitored help buttons that require professional installation of a home telephone land line, expensive base station equipment and a hefty bill every month. But now Universal Physicians, the U.S. based heavyweight, just delivered a knockout blow sending the top rated contenders to the mat with the unveiling of FastHelp. It's the sleek new cellular embedded medical alert device that cuts out the middleman. There's absolutely nothing to hook-up or install. You don't need a land line and you don't need a cell phone. Everything is done for you.

"FastHelp is the World's first-ever medical alert device that makes you look important, not old. Old style monitored help buttons you wear around your neck are the equivalent of a horse and buggy," Lawrence says. "It's just outdated."

Nearly 1.8 million seniors fall every year and spend more than 12 hours lying on the floor helpless and all alone with no help.

But seniors who fall and get immediate help are nine times more likely to avoid getting sent to a nursing home and get to STAY living in their own home independently.

Yet millions of seniors are still risking their safety by not having a medical alert device. That's because seniors just can't afford to pay the monthly bills that come with old style medical alert devices.

That's why seniors born before 1956 are rushing to cash in the whopping $150 instant rebate before the 2 day deadline ends.

So there's no need to wait for FastHelp to hit store shelves early next year because seniors born before 1956 can get it now just by using the $150 instant rebate coupon printed in today's newspaper before the 2-day deadline ends. If lines are busy keep trying, all calls will be answered. ■

HOW TO GET IT:

IF BORN BEFORE 1956: Use the rebate coupon below and call this Toll-Free Hotline: 1-866-211-7349 EXT. HELP21

IF BORN AFTER 1956: You cannot use the rebate coupon below and must pay $299 Call: 1-866-330-6586 EXT. HELP21

THE BOTTOM LINE: You don't need to shop around. We've done all the leg work, this deal is too good to pass up. FastHelp with the $150 instant rebate is a real steal at just $149 and shipping and there are no monthly bills ever.

PROS: It's the World's first ever medical alert device that comes with the exclusive FastHelp One-Touch E 911 Button that instantly connects you to free unlimited help anytime, anywhere nationwide. It saves seniors a ton of money because there are no monthly bills ever making this deal irresistible. Plus it's the only medical alert device that makes seniors look important, not old.

CONS: Consumers can't get FastHelp in stores until early next year. That's why it's so important for seniors born before 1956 to call the National Rebate Center Hotline within the next 2 days. For those who miss that deadline, the sleek little medical alert device will set you back over three hundred bucks.

P7148A OF2098OR-1

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GETTY IMAGES

Authorities search for missing in wind-whipped Calif. wildfires

Authorities searched on Monday for more than 200 people unaccounted for in one of the wildfires rampaging through parts of California, voicing concern about a possible rising death toll, as gusty, dry winds spurred the spreading flames.

The raging blaze in northern California known as the Camp Fire, the state's most destructive on record, had left at least 228 people missing as of early Monday, according to Kory Honea, sheriff of Butte County, site of the fire. That fire and one in southern California called the Woolsey Fire have killed at least 31 people.

The blazes left behind scenes of utter ruin, with homes and businesses reduced to charred wreckage and the winds also spreading large amounts of ash.

Both fires have been whipped up by hot, dry winds. Winds of up to 40 miles per hour were expected to continue in southern California through Tuesday, heightening the risk of fresh blazes ignited by scattered embers, while the winds were forecast to begin diminishing later on Monday at the site of the Camp Fire. The wildfires flared in two new locations on Monday morning in southern California, officials said.

The fires have displaced more than 224,000 people, officials said. About 8,000 firefighters using fire-fighting equipment including helicopters and air tankers were battling the flames, with assistance coming from out of state.

The Camp Fire, 40 miles north of Sacramento, burned down more than 6,700 homes and businesses in the town of Paradise, more structures than any other wildfire recorded in California.

The fire had scorched more than 113,000 acres and was 25 percent contained, officials said on Monday. Its death toll of 29 equals that of the Griffith Park Fire in 1933, the deadliest wildfire on record in California.

The blaze has probably caused between $2 billion and $4 billion in insured property damage, Morgan Stanley estimated in a report on Monday.

Speaking on CNN, Honea said while he holds out hope that many people listed as missing will turn up safe, "given what we've dealt with so far with casualties as a result of this fire, I have concerns that it [the death toll] will rise."

In southern California, the Woolsey Fire had burned more than 91,000 acres and was 20 percent contained, with 370 structures destroyed, officials said. The fire had forced authorities to issue evacuation orders for a quarter-million people in Ventura and Los Angeles counties and beachside communities including the Malibu beach colony, home to many celebrities.

> **"These are extreme conditions."**
>
> L.A. County Fire Dept. Chief Daryl Osby

At least two people have died in the Woolsey Fire, which is 20 miles long and 14 miles wide, threatening 57,000 structures, officials said.

"These are extreme conditions. If there's a fire in your neighborhood, don't wait for an evacuation order, leave," Los Angeles County Fire Department Chief Daryl Osby told a news conference.

Many of those allowed to return were left without power or cellphone service, even if their homes were spared by the flames. REUTERS

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Miley Cyrus, Neil Young lose homes in Malibu fire; Gaga visits shelter

GETTY IMAGES

Singers Miley Cyrus and Neil Young were among hundreds of people who lost their homes in wildfires that destroyed parts of the California seaside town of Malibu, where flames burned for a fourth day on Monday.

"I am one of the lucky ones," Cyrus wrote on Twitter. "My animals and LOVE OF MY LIFE made it out safely & that's all that matters right now. My house no longer stands but the memories shared with family & friends stand strong."

Cyrus is engaged to actor Liam Hemsworth.

Lady Gaga and members of the Kardashian family said they were forced to evacuate their homes because of the Woolsey Fire, which authorities said has destroyed more than 370 structures. Two people have died.

The "A Star is Born" star visited an American Red Cross shelter in Pacific Palisades on Sunday, providing encouragement to evacuees and volunteers.

In a video on website TMZ, Lady Gaga told the audience, "I know this is not easy" and encouraged people to talk to mental health workers on-site if needed.

"I know that a lot of you are feeling a lot of pain right now, and a lot of shock," she said. "I feel kind of in a daze, and I'm not really sure when or how this is going to hit me."

Neil Young wrote on his website that California was "up against something bigger than we have ever seen."

"Firefighters have never seen anything like this in their lives," he wrote. "I have heard that said countless times in the past two days, and I have lost my home before to a California fire, now another."

"Gods of Egypt" actor Gerard Butler and "Real Housewives" star Camille Grammer also said on social media they had lost homes.

On Sunday, Kim Kardashian spoke about the "really rough week" in her home in the evacuated town of Calabasas as well as nearby Thousand Oaks, site of a mass shooting that claimed 12 lives.

"Our hearts are broken," Kardashian said as she stood with her sisters and mother to accept an honor at the People's Choice Awards in Santa Monica.

"As horrible as this has been, it's been amazing to see the resilient spirit of everyone involved," she added.

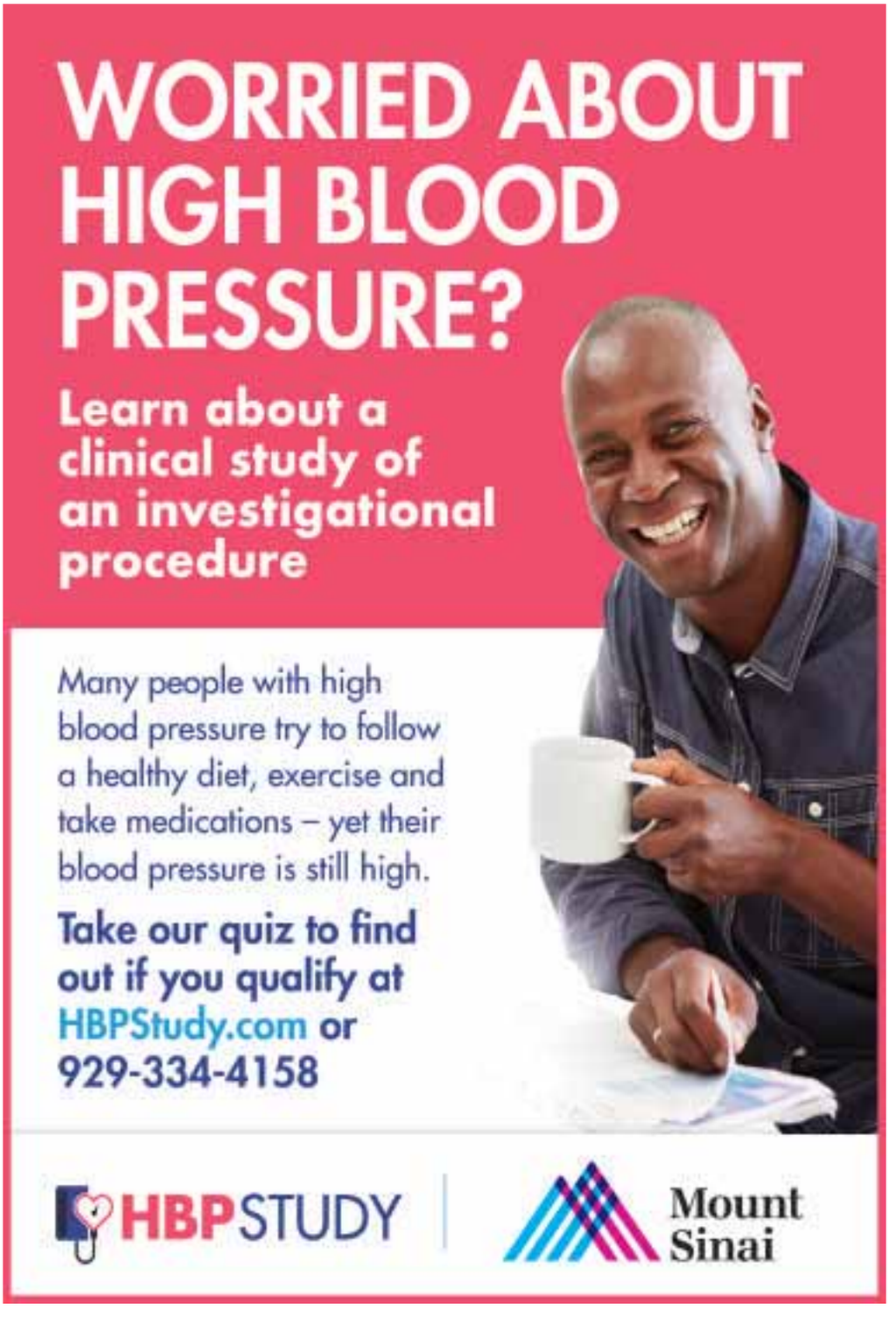
Actor Charlie Sheen posted on Twitter on Friday that he was unable to locate his parents, former "West Wing" star Martin Sheen and wife Janet. A TV news crew located Martin Sheen safe on Friday night at Zuma Beach in Malibu, where he said the couple were fine and "probably going to sleep in the car tonight."

"Firefighters have 'never seen anything like this' in their lives. I have heard that said countless times in the past two days, and I have lost my home before to a California fire. Now, another."

Neil Young

Sheen said the fire was the worst he had seen in 48 years of living in Malibu.

"I've never seen one with this intensity, for this long, that took out so much property and caused such havoc," he said. REUTERS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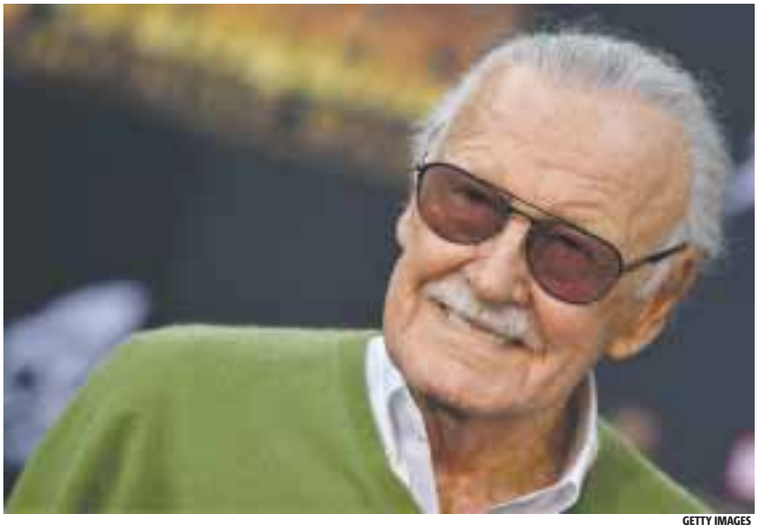

GETTY IMAGES

Comic book world mourns the loss of Stan Lee

The creator of Marvel Comics is dead at age 95.

There will never be another Stan Lee. For decades he provided both young and old with adventure, escape, comfort, confidence, inspiration, strength, friendship and joy. He exuded love and kindness and will leave an indelible mark on so, so, so many lives. Excelsior!!

TWITTER IMAGES

Stan Lee, who dreamed up Spider-Man, Iron Man, the Hulk, Black Panther and a cavalcade of other Marvel Comics superheroes that became mythic figures in pop culture with soaring success at the movie box office, died at the age of 95, his daughter said on Monday.

As a writer and editor, Lee was key to the ascension of Marvel into a comic book titan in the 1960s when, in collaboration with artists such as Jack Kirby and Steve Ditko, he created superheroes who would enthrall generations of young readers.

"He felt an obligation to his fans to keep creating," his daughter J.C. Lee said in a statement to Reuters. "He loved his life and he loved what he did for a living. His family loved him and his fans loved him. He was irreplaceable."

She did not mention the circumstances of Lee's death but the celebrity news website TMZ said an ambulance was called to his Hollywood Hills home early Monday and that he died at Cedars-Sinai Medical Center.

"Stan Lee was as extraordinary as the characters he created," Bob Iger, chairman and CEO of The Walt Disney Co. said in a statement. "The scale of his imagination was only exceeded by the size of his heart."

Disney bought Marvel Entertainment in 2009 for $4 billion in a deal to expand Disney's roster of characters, with the most iconic ones having been Lee's handiwork.

Lee was known for his cameo roles in most Marvel films, pulling a girl away from falling debris in 2002's "Spider-Man" and serving as an emcee at a strip club in 2016's "Deadpool." In the 2018 box-office hit "Black Panther," which featured Lee's leading black superhero, he was a casino patron.

Americans were familiar with superheroes before Lee, in part thanks to the 1938 launch of "Superman" by Detective Comics, the company that would become DC Comics, Marvel's archrival.

Lee was widely credited with adding a new layer of complexity and humanity to superheroes. His characters were not made of stone — even if they appeared to have been chiseled from granite. They had love and money worries and endured tragic flaws or feelings of insecurity.

"I felt it would be fun to learn a little about their private lives, about their personalities and show that they are human as well as super," Lee told NPR News in 2010.

His creations included web-slinging teenager Spider-Man, the muscle-bound Hulk, mutant outsiders The X-Men, the close-knit Fantastic Four and the playboy-inventor Tony Stark, better known as Iron Man. REUTERS

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Safe, effective ways to treat kidney stones

Anyone who has ever suffered from kidney stones knows just how painful it can be. It's little wonder that more than half a million people go to the emergency room for kidney stone problems every year, according to the National Kidney Foundation.

So what are kidney stones? They're essentially hard mineral deposits that form inside the kidneys. When the fluid in urine is unable to break them down, they'll pass through the ureter and bladder—which is generally a painful process. There's a wealth of anecdotal reports likening kidney stone pain to that of childbirth. The truth is that no two cases are alike, but early diagnosis is critical when it comes to getting ahead of it. Many times, this comes down to understanding the specific risk factors that might make you more likely to develop kidney stones. Family history, frequent dehydration, certain dietary issues, and obesity are all on the list. Board Certified Urologist Dr. David Shusterman of NY Urology takes a proactive approach. Thanks to a mix of preventative medicine and some simple lifestyle changes, you may be able to prevent kidney stones before they ever develop.

If a kidney stone is already in motion, Dr. Shusterman's expert team can quickly identify it using ultrasound imaging, then get things moving with innovative treatment options that have made NY Urology a nationally recognized leader in the field. He leads with holistic medicine with the goal being to break down kidney stones so that they can pass as naturally and easily as possible. NY Urology provides a cutting-edge, noninvasive treatment called extracorporeal shock wave lithotripsy (ESWL), which relies on sound waves to break apart the stones via focused vibrations. The in-office procedure is completely safe, and recovery is typically pretty swift.

Another option is placing something called a nephrostomy tube into the kidneys. This plastic catheter essentially lets urine drain directly from the kidneys during the treatment process. The result is near-immediate pain relief because you're eliminating backed-up urine and helping things flow more easily. A ureteral stent works in much the same way, bolstering the body's ability to drain urine and, in turn, safely encouraging the natural healing process. The soft plastic stent is temporarily placed directly into the ureter to help urine flow more freely. When ureters are blocked up by kidney stones, pain and discomfort are on the horizon. Stents open these passages.

When all else fails, NY Urology also specializes in minimally invasive surgery using a device called a ureteroscopy to eliminate painful, stubborn kidney stones. Making its way through the urethra and bladder, and into the ureter, the device zeros in on the kidney stone and swiftly removes it. The best part is that it's a fairly straightforward outpatient procedure that requires no incisions. In extreme situations where the stone is too large to remove with a ureteroscopy, Dr. Shusterman may call on a more in-depth procedure that involves a small incision in the back. The upside here is that the success rate is high, helping patients safely get rid of large kidney stones in one fell swoop.

Whether you're looking to prevent kidney stones or address one that's already wreaking havoc, NY Urology is your best resource. Book an appointment today with Dr. Shusterman, located at *800 Second Avenue on the corner of 42nd Street. Call* **(212) 991-9991** and start mapping out a plan for living a pain-free life without kidney stones.

Don't make these big life insurance blunders

ISTOCK

Life insurance provides a financial safety net for families. Sounds simple, but decisions over whether and how much to buy can get complicated, and mistakes can be costly.

Here are common mistakes financial planners see:

NerdWallet is a personal finance website.

Buying too much or not enough

Not everyone needs life insurance.

"If there's no one else depending on your income, you probably don't need much or any at all," says Alyssa Lum, certified financial planner and founder of Luminate Financial Planning in Sterling, Virginia.

But those with young children will need a lot. For breadwinners, a rule of thumb is at least seven times your annual salary, plus money to pay off debt and fund college. "Those dollars really add up," Lum says.

Stay-at-home parents don't need as much, but should have some coverage, says Greg Klingler, a certified financial planner and director of wealth management for the Government Employees' Benefits Association. Buy enough to cover child care and other services that the stay-at-home parent provides.

Buying the wrong policy

There are two main types of life insurance: term and permanent.

Term life insurance is simple, cheap and offers coverage for a certain period, such as 10, 20 or 30 years. It pays out if the policyholder dies during that term.

Permanent life insurance, such as whole life, lasts your entire life and includes a savings component called cash value, which grows slowly over many years. You can borrow against the cash value or surrender the policy for the cash. It's more complicated and expensive than term life. It also nets the highest commission for insurance agents.

Term life is the best choice for most families, Klingler says, because "most people are going to have a finite need." Term life can cover you while the kids are growing up or you're paying off debt, such as a mortgage. Ideally, at the end of the term, you don't need life insurance anymore.

Yet some people get talked into permanent policies when they all they need is term life, says Jason Speciner, a certified financial planner in Fort Collins, Colorado. Building cash value inside a policy can sound appealing, but fees and the agent's commission eat away at returns. Instead of pouring money into a permanent policy, max out savings in tax-

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advantaged retirement accounts. If there's money left over for long-term investing, a low-cost index fund will probably produce better returns than life insurance, he says.

"In most cases the old saying, 'buy term and invest the difference,' makes sense," Speciner says.

Permanent life insurance can be an important estate planning tool for those who have a lifelong financial dependent, such as a child with special needs, or whose estate is big enough to incur taxes for heirs. (Only estates over $11.18 million for an individual and $22.36 million for a couple are subject to federal estate taxes in 2018.)

Putting off the purchase

It's easier to put off buying life insurance than think about how your death would affect others. "But that's a pretty risky gamble, especially if you have small kids," says Michael Kelley, a certified financial planner in Cleveland, Ohio.

Worried about the cost? It might be cheaper than you think. Most consumers overestimate the price of term life insurance by more than three times, according to a 2018 study by industry groups Life Happens and LIMRA. The study was based on a survey of about 2,000 adults who are household financial decision-makers. The actual cost of a 20-year, $250,000 term life policy for a healthy, 30-year-old nonsmoker is about $160 a year, the study says.

Compare quotes from at least a few companies to find the best rates.

Relying on free life insurance at work

Life insurance benefits through work probably aren't enough for those who have a family depending on their income, Speciner says.

That coverage is typically one to two times your annual salary — not enough to sustain a family after the loss of a breadwinner. Another drawback: The coverage usually ends when an employee leaves the company.

Buy your own policy if you need life insurance, and consider the free benefits from work a bonus.

This article was written by NerdWallet and was originally published by The Associated Press.

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ISTOCK

READER WRITE-INS:

BIKERS ON THE SIDEWALK!
Thanks for Matt's column about bad bikers. My complaints about bikers riding on the sidewalk have fallen on deaf ears. Having been nearly run down a few times, I was motivated to email DOT Commissioner Polly Trottenberg a couple of years ago suggesting a re-education campaign on the rules of the road — especially since the main culprits in Bay Ridge, Brooklyn are grown men! I was told that everyone knows the rules and it is really in the jurisdiction of the police department anyway. Clerks in the local politician's office told me to call 311. Good luck with that! About a year ago, the NY Times published a story by a young woman whose mother was run down and killed by a cyclist in D.C. I thought that story would have an impact but it didn't. Don't know the remedy for this problem but I commend Matt for calling attention to it.
— **Patricia Lobosco**, *Metro US reader*

RECKLESS BIKERS!
I just read this weekend's Grumble and I want to say that I totally agree with Matt Juul. Not only do they blow through red lights, some of them even go in the wrong direction on one-way streets. These cyclists are endangering people's lives (including their own). And if you talk to them, they think the "rules of the road" don't apply to them, and they most certainly do.
— **Diana P. Ditzian**, *Metro US reader*

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The winning caption from Allan Kallman, *Metro US reader*

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metro.us/horoscopes

Aries A struggle will bring results. Wiggle your way upward and onward. Trust in your ability to go the distance. Channel your energy where it counts the most. Romance is in the stars.

Taurus Mixing business with pleasure will lead to an emotional issue. Partnerships should be handled with care. Rely on a trusted friend or colleague to help you out of a sticky situation.

Gemini A job opportunity looks promising. You'll get a boost to your reputation if you take charge and finish what you start. A personal gain is heading your way.

Cancer Look at your choices and find the one that will result in you gaining the most experience. Take on a challenge or do something you've never done before.

Leo A change at home will do you good. Cut your overhead or alter your living arrangements with an eye toward saving money. A new acquaintance should be handled with care.

Virgo Get into the swing of things. Attend a conference or trade show, or set up a meeting with someone who can shed some light on something you want to pursue.

Libra Get out of the house and take part in something. It will do you good to volunteer or engage in an activity that will get you up and moving.

Scorpio Take a moment to review what's going on around you. An emotional matter will escalate if you aren't willing to compromise. Less talk and more action is the way to go.

Sagittarius Search for the truth, regardless of the situation. You may want to believe what someone tells you, but if something doesn't add up, you may want to take a second look.

Capricorn Emotional matters will arise when dealing with changes someone wants to make at home or in their life. Sometimes it's best to let others figure things out for themselves.

Aquarius Check over any documents that could affect your assets or taxes. Don't trust someone with information. Find out firsthand what is the best path for you. Personal improvements are favored.

Pisces Question everything and everyone. Knowing is believing, so do your due diligence and get the facts yourself. Don't let anger or distress lead to indulgent behavior. EUGENIA LAST

EDUCATION

CUNY gives back to veterans with brand-new Brooklyn services center

The new Office of Veterans and Military Service opens today at Medgar Evers College.

One of the greatest benefits of serving in the military or the reserves is the prospect of earning an affordable education for sacrificing so much for your country. The City University of New York (CUNY) school network currently provides services to 3,237 former service members in both their undergraduate and graduate programs across their 25 campuses all throughout New York City. This number has increased by 50 percent since the year 2010, showing their dedication to providing these service members with the tools they need to make productive steps into the workforce.

With the high quality of their curriculums and affordability of their tuition, CUNY schools are perfect for veterans in that with such low costs, they will be able to use their VA benefits to the their fullest ability and get

ISTOCK

the most bang for their buck.

"CUNY is proud of its student-veterans and the accomplishments and rich life experience they bring to our campuses," said Interim Chancellor Vita C. Rabinowitz in a press release. "The increasing number of veterans who choose CUNY is a testament to the services and resources we provide to support their success. We welcome them and proudly acknowledge their achievements."

To show that they really mean it, the CUNY school system will be holding a ribbon-cutting ceremony for their new Office of Veterans and Military Service at Medgar Evers College in Crown Heights. This new center will provide assistance to veterans who wish to take advantage of benefits such as direct admission and application fee waivers, priority registration, access to tutorial services, and much more. The event will start at 10:30 a.m. and go all day, with special raffle prizes provided by PROVE. PAT KING

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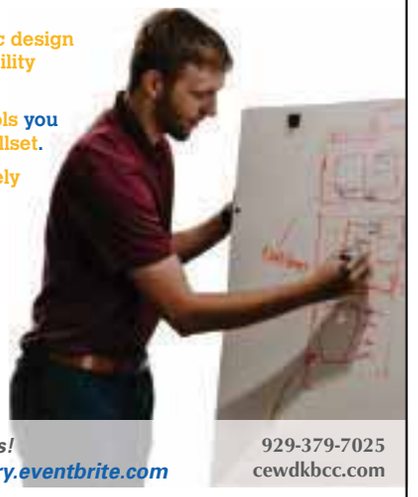

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The easiest ways to graduate early

Why stay in school longer than you have to?

PAT KING
patrick.king@metro.us

The months after you graduate from college can be some of the most transformative of your entire life. While getting through your degree is its own battle, figuring out where you are going to land is a journey unto itself. While most students generally take all four years to fulfill their bachelor's degree, many students find ways to speed up the process by graduating early.

With the average school year for a private college at $32,000 and the average state school costing on average $12,500 per year, the prospect of graduating either a full semester or a full year early should be attractive to all students who hope to not be buried in student loans for the foreseeable future.

There are a few different ways that students can graduate early if they take the initiative early on in their college careers.

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The Division of Applied Undergraduate Studies also provides a supportive learning environment, seamless credit transfer, and multiple financial aid and scholarship options. Tailored career development services are provided by the NYU Wasserman Center for Career Development at the NYU School of Professional Studies. One-on-one appointments at the Wasserman Center are available to discuss career goals, to strategize about a job search, and/or to get advice about your cover letter and résumé.

Classes held during days and evenings, intensives, and online degrees and courses cater to students who are often balancing personal and professional responsibilities. On-demand academic coaching; programs taught by top professionals in their fields, and comprehensive tutoring services make the NYU School of Professional Studies the choice for students who seek to complete their undergraduate degree at a world-renowned university.

For information about the NYU School of Professional Studies Division of Applied Undergraduate Studies bachelors degree programs, visit **sps.nyu.edu/appliedUG/bachelors53**; e-mail **nyusps.appliedUG@nyu.edu**; call **212-998-7100**.

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students take 12 credits a semester to fulfill their bachelor's degree, by taking one extra four-credit course per semester you can earn a full semester's worth of credits, allowing you to graduate one semester early. By taking on this heavy a course load, you may cement yourself as a temporary resident of the school library. But just think of all of the free time you'll have to get yourself in order by graduating a semester early?

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Some schools also offer options where students can earn both their undergraduate degree and their master's degree in a combination program much shorter than the completion of each degree separately would take.

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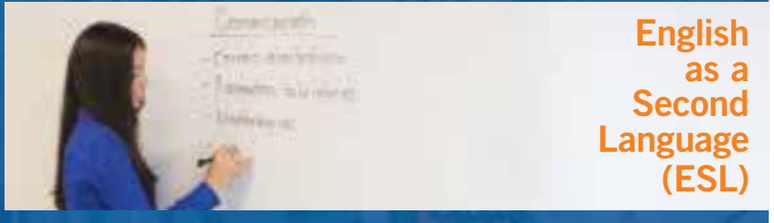

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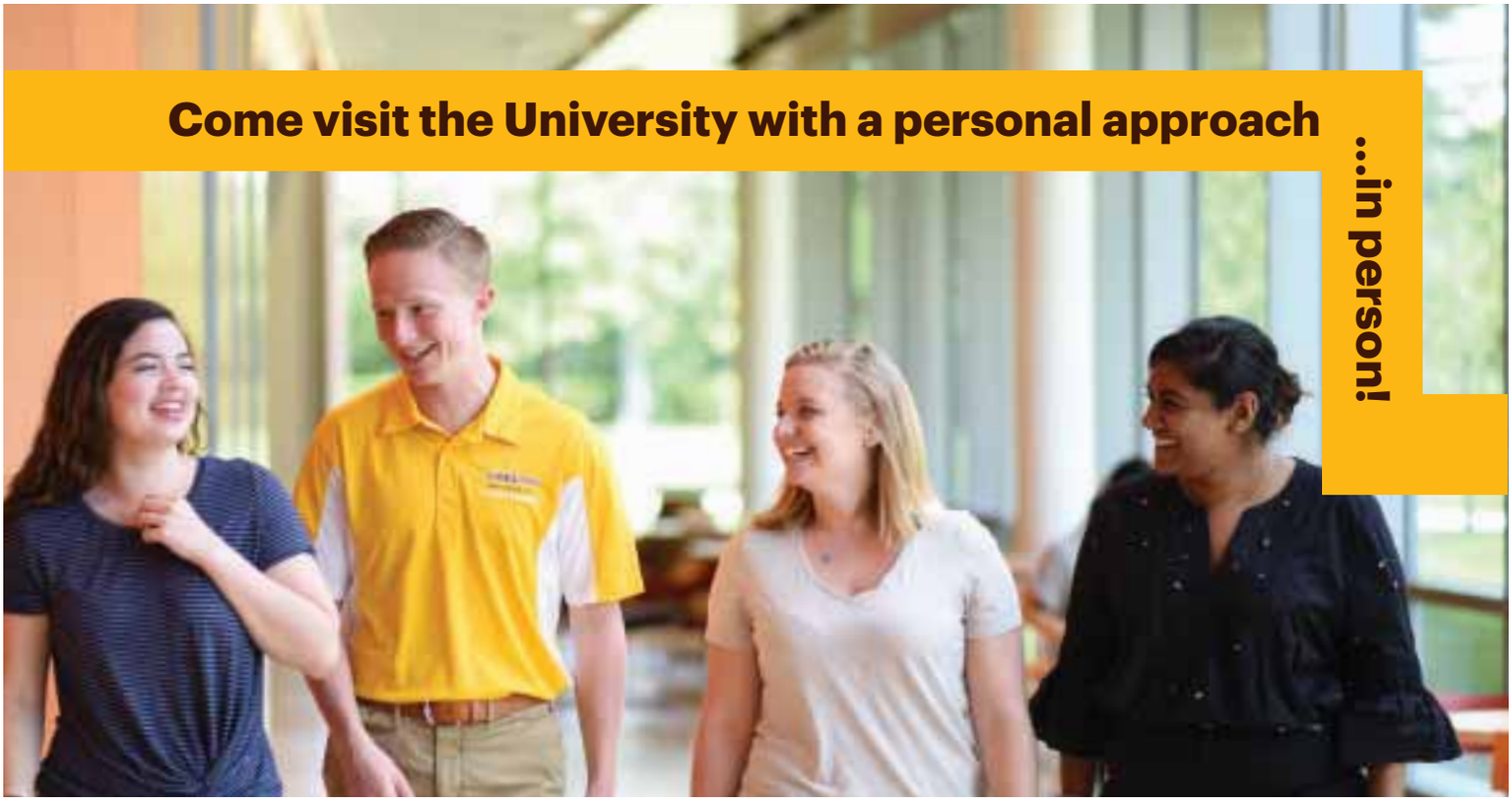

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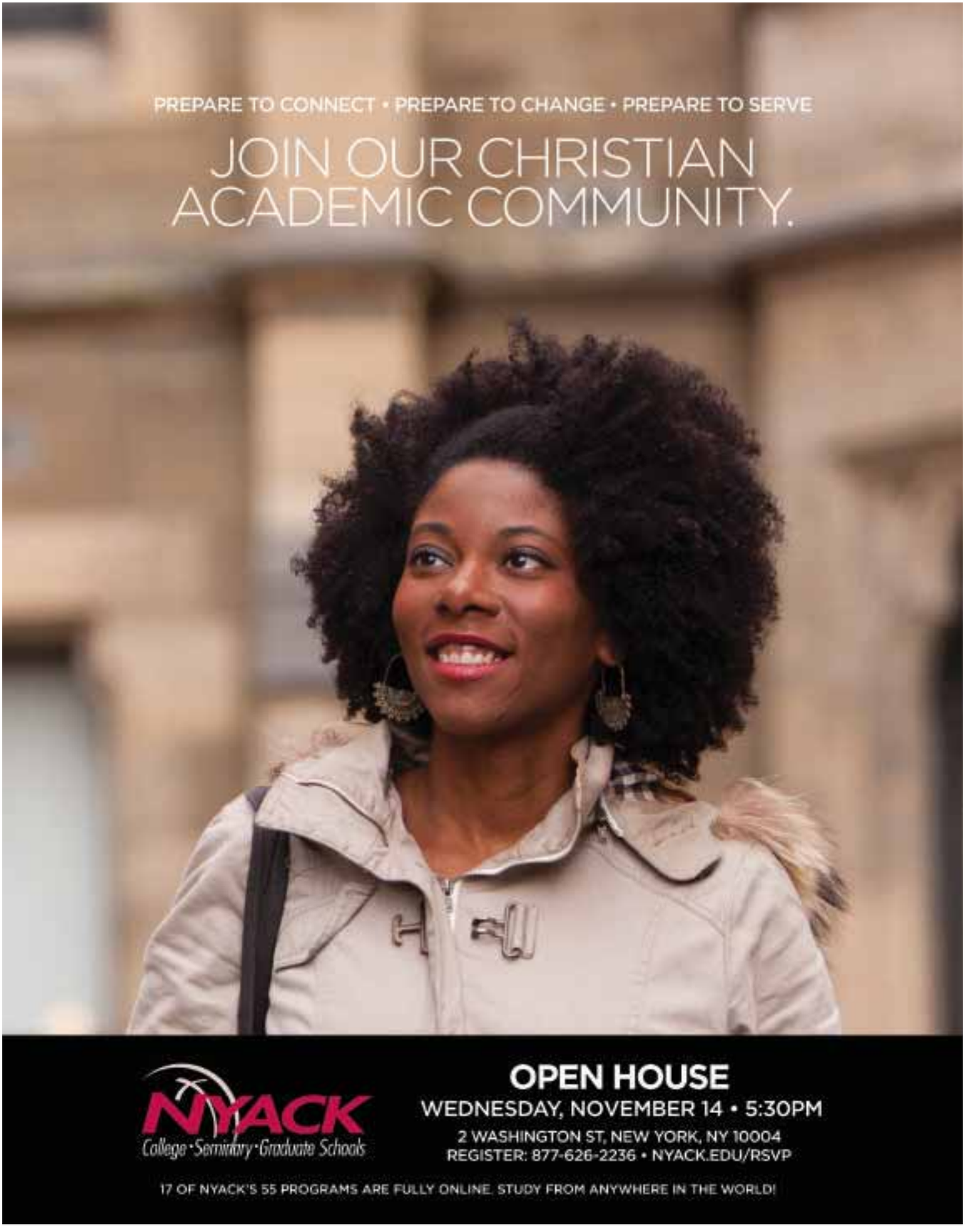
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Nutella Cafe NYC opens Wednesday at noon.

Polenta pancakes from the custom menu.
ALL PHOTOS EVA KIS

'Walking into your own *Nutella jar*'

New York's first official Nutella Cafe opens this Wednesday.

EVA KIS
eva.kis@metro.us

When Italian chocolatier Ferrero announced it was opening an official Nutella Cafe in New York, it could've been a refined affair with a giant old brass espresso machine and traditional pastries. What you actually find inside Nutella Cafe NYC is an amusement park that the hazelnut-cocoa spread built.

"Everything on this menu is built around Nutella, so it's either got Nutella infused, inside, on top [or] next to it. If you get a fruit fondue, you can dip it in the Nutella," says Rick Fossali, vice president of operations at the cafe, which opens Wednesday, Nov. 14 at noon. "It's like you're walking into your own Nutella jar."

He means that literally: Nutella Cafe NYC is designed to look like a jar of Nutella from the outside, with an interior bearing the same refined curves and the classic red-and-white color scheme of the label. Above you, a river of Nutella flows through the space, with chandeliers in the shape of hazelnut flowers and the requisite made-for-Instagram photo wall at the back. And like any good gift shop, there is silly swag like tiny jars of "prescribed" Nutella for all seven days of the week and jars with personalized labels that can be printed on the spot.

Latte with Nutella whip.

One thing to clarify: The now-closed Nutella shop inside Eataly Flatiron was not the real deal. Located at 116 University Place near Union Square, Nutella Cafe NYC is only the second Nutella Cafe in the world (the first being in Chicago). They've brought over some of that shop's biggest hits like the Pound Cake Panzanella (yogurt, basil, mixed berries, toasted hazelnuts) and, of course, fresh-made crepes.

"People love crepes," says Fossali with the air of a man who hopes customers will try other things, too. "We try to do a bunch of different experiences for people and not just be hemmed in by waffles or pancakes or a crepe."

What you should get at Nutella Cafe NYC

The classic Italian way is to slice a baguette open and toast it in a panini press, then spread Nutella on top with a sprinkle of crushed hazelnuts ($6.95) for a melty mess of carbs to go with your bitter espresso in the morning.

Though there's no need to confine yourself to breakfast: Nutella Cafe NYC is open until 9 p.m. during the week and 10 p.m. on Friday and Saturday. What you'll discover is Nutella is best served either warm or cold, not straight out of the jar.

The can't-miss treat is the latte with a dollop of Nutella-flavored whipped cream ($5.05 regular, $5.75 large), an exquisite experience of contrasts between hot Lavazza coffee and the cool, almost mousse-like Nutella whipped cream on top. It nearly brought a young woman to tears of joy during a preview tasting, a totally justified reaction.

Making the crepes.

The shop has a gelato counter with the option to add a scoop of rich and dark Nutella gelato or Fior de Latte to anything, from an affogato to a brioche sandwich.

To enjoy it warm, you've got a world of cooked-to-order options with a customizable "Spread the Happy" menu. "Bases" include croissant French toast and country-style oats, but for decadence with substance the polenta pancakes were as fluffy as buttermilk and much more satisfying. Your choice of fruit and garnish are also included, starting at $8.50.

Besides the photo wall, the back of the shop also houses a demo station where a chef will hold crepe-making workshops to enjoy the platonic ideal of a Nutella treat. "Do we want you to come here, enjoy yourself and buy food and enjoy an espresso? Absolutely," says Fossali. "But we [also] want to teach people how you can make a crepe at home."

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InVisible NY is open now through Nov. 20. FACEBOOK

Trending: This fake shop has real photo ops

The InVisible repair shop by Verizon won't fix anything, but it's the buzzy new destination for Instagrammers.

EVA KIS
eva.kis@metro.us

A new phone repair shop in SoHo doesn't fix anything, yet people are lining up to get inside — to have their world turned literally upside down. Behind the facade of a sketchy cellphone repair shop is InVisible NY, a totally disorienting and totally free gallery experience that lit up Instagram over the weekend. And did we mention there are free concerts?

Arrive ready to explore five different rooms at 435 Broadway, from a meditative rock garden that looks like it came more from outer space than Japan to a '70s-style living room recreated on the ceiling. The pop-up is open through Nov. 20, with musical performances by Questlove (Nov. 12), Lizzo and Lion Babe (Nov. 15) and Lauren Jauregui and Armani White (Nov. 17).

So what's up with the fake phone repair shop concept? InVisible is actually a plug for Visible, Verizon's new pay-as-you-go wireless service that's entirely app-based. The name plays on the fact that Visible has no brick-and-mortar stores — think a real-life 404 Not Found page.

The idea is you start out lost and confused, and as you come into the light of Visible with unlimited messages, minutes and data for $40 per month, you find tranquility and clarity.

That's only if you have an iPhone, though — the nationwide service is only available on iOS. You don't need to have one to check out InVisible, but you do need to RSVP at visible.com/invisible for a time slot between noon and 9 p.m.

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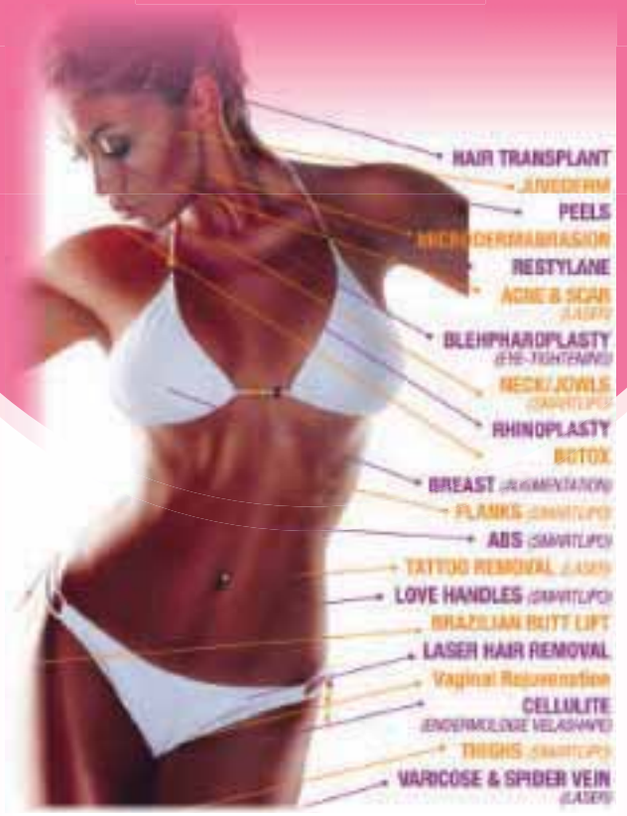

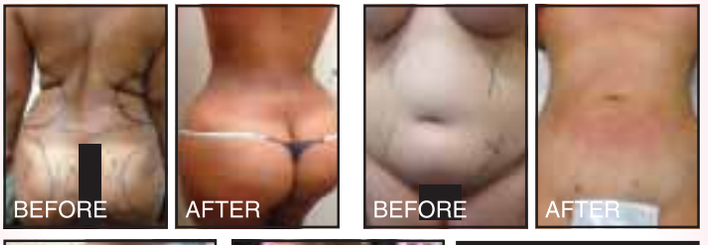

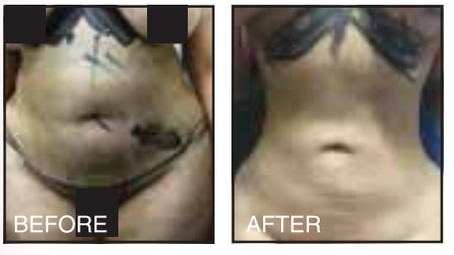

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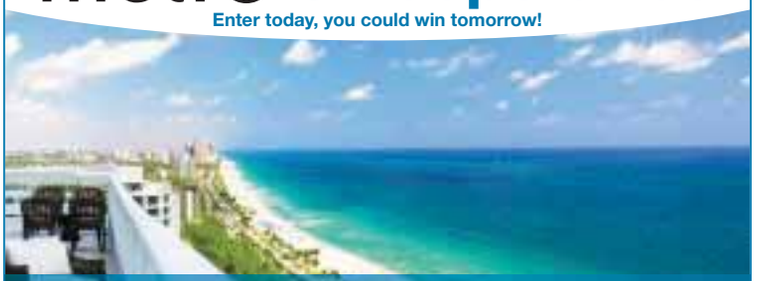

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There's some real horror behind "The Clovehitch Killer." IFC CENTER

Is 'The Clovehitch Killer' based on real events?

Duncan Skiles talks us through his disturbing serial-killer thriller.

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

"The Clovehitch Killer" director Duncan Skiles admits that his thriller is based on real events and an actual serial killer. But rather than go into detail about the process of turning this individual's horrific events into a movie, Skiles would rather not give the culprit the attention he obviously craves.

"He was a community leader and a Boy Scout guide," Skiles says of the inspiration for Dylan McDermott's Don. "I just prefer not to call him out and give him any attention because I know he likes that. Like they all do. It is pretty easy to figure out, though."

So easy, in fact, that we can reveal that Don is based on Dennis Rader, who killed 10 people in the Wichita, Kansas, area between 1974 and 1991. Not all of "The Clovehitch Killer" is based on him, though, as Skiles admits to using him as a springboard to create the story and character he wanted.

"He had two kids. But when he was caught nobody in his family knew. I thought it would be very interesting for one of the kids to find out before he was caught," says Skiles. "I wanted to do something from the perspective of someone who is not a serial killer but is closely related to one."

But what did Skiles want to do with "The Clovehitch Killer" that he hadn't seen before in other serial killer movies?

"I have never really seen the combination of a serial killer as a goofy dad. I have never seen anything that treated it in a very mundane way," says Skiles. "I didn't want it to feel like a movie a lot of the time. I wanted to take a mundane approach. There are certainly movies I took inspiration from, but I wanted to do something that was committed to that idea surrounding a serial killer story.

Duncan Skiles. GETTY IMAGES

"Also, I wanted to make a movie that was scary and disturbing," he adds. "Because most movies I don't find to be disturbing. I wanted to capture the feeling of mundaneness that surrounded these things I was reading."

In order to achieve Skiles' vision, McDermott went into method mode to play the sociopathic Don, transforming himself for the role by using a prosthetic belly, shaving his hairline, graying his temple, and using the same accent and posture even when the cameras weren't rolling. Everyone in the cast and crew had to call him Don, too.

The level of meticulous detail in both McDermott's performance and Skiles' direction helps to makes "The Clovehitch Killer" an increasingly disturbing and uniquely unsettling thriller. So much so that Skiles is hopeful that the film can have a lasting impact on those who see it.

"I hope it makes people more alert to the existence of sociopaths. That is something that I have read up on," says Skiles. "I don't think it is healthy to go through life with a sense of fear and paranoia. But I do think it is a good idea to be aware of potential dangers in the world without it overtaking your life.

"It is said that 1 in 25 people are sociopaths, which are people who are defined without a conscience and can lie very easily. I think it is a skill that is easy to be able to identify," he adds. "We all have to figure out our own way to function. I came to the conclusion that blocking this stuff out is a good thing to do at times. Which is ironic, because that's what Don is good at. He's good at compartmentalizing his mind."

"The Clovehitch Killer" opens in select theaters and will be available on VOD and Digital HD on Nov. 16.

YouTube goes into deep space with 'Origin'

"Harry Potter" alum Tom Felton leads a cast of paranoid space travelers.

ANDREW HUSBAND
letters@metro.us

From the "Purge" film series and Jordan Peele's "Get Out" to television programs like Netflix's "The Haunting of Hill House," horror is having a moment. Now YouTube is hoping to cash in on this pop-culture zeitgeist with the latest original series from its premium service, "Origin," which follows "Harry Potter" actor Tom Felton and an ensemble cast of disparate characters trapped on an abandoned spaceship in deep space.

"Origin," which debuts all 10 episodes on Wednesday, begins with humanity's efforts to colonize an inhabitable planet in the wake of overpopulation, climate change and other earthbound issues. The interstellar venture, as indicated by the trailer, promises participants from all walks of life a fresh start on a new world where none of their past sins will matter anymore. But as Felton, Natalia Tena, Sen Mitsuji, Nora Arnezeder, Fraser James, Philipp Christopher, Madalyn Horcher and Siobhán Cullen's characters quickly realize, they might not even make it there.

That's because their journey is cut short by a mysterious force that spooks the majority of the ship's passengers and crew enough to abandon it, thereby leaving the small group of stragglers behind. So while they try to figure out what has happened and determine a way to flee the stranded spacecraft, someone — or something — else aboard the ship begins picking them off, one by one. The resulting paranoia drives the survivors even crazier, resulting in a horrifying scenario that finds them all thinking they've been doomed to die in deep space.

Created by newcomer Mika Watkins and produced by the veteran team behind "The Crown" and "Lost," "Origin" bears all the signs of something uniquely terrifying and fascinating in an otherwise crowded TV landscape. Yes, doing horror in space isn't a novelty, but the manner by which Watkins and company have compiled these various subgenres into one chilling whole stands out.

Add director Paul W.S. Anderson, who helms the first episode, along with the fact that YouTube Premium is throwing all of its might into the production, and you've got the makings of another successful original series for the streaming platform. Of course, this all depends on whether or not YouTube is able to convince enough people to watch it — let alone make sure they know it exists — while trying to compete with the likes of Netflix and Hulu. Only time will tell on that front.

"Origin" streams Wednesday on YouTube Premium.

Get lost in space with this new YouTube series.

"Harry Potter" and "The Flash" alum Tom Felton stars in "Origin."
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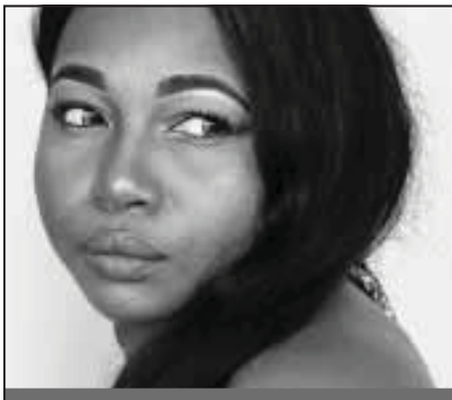

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The last few weeks of the year are filled with celebrations — Thanksgiving, Hanukkah, Christmas, to name just a few. And those celebrations are filled with food. Though weight management is a year-round business, holidays celebrated with rich food — followed by the evergreen New Year's resolution to lose weight — throws the topic into sharp relief. The passing of another year also reminds us we're not getting any younger — and weight management is crucial as we age. We talked to Dr. Reshmi Srinath, assistant professor, medicine, endocrinology, diabetes and bone disease and director of the weight and metabolism management program at Icahn School of Medicine at Mount Sinai Health System about its importance.

If you are at what's considered a healthy weight at age 30, is it realistic/expected/ideal to maintain that weight as you age? Is some gain or loss expected, and why?
As we get older, past our 20s, our metabolism does slow down. So while it's ideal to maintain your weight, it's possible you may also gain a few pounds without changing your diet or activity level due to this decline in metabolism.

How will maintaining a healthy weight help you as you age? And how will NOT maintaining it (losing or gaining too much) hinder you?
Weight gain is directly linked to increased risk of diabetes, high blood pressure and high cholesterol, as well as heart disease. There is also more and more data that suggests weight gain can be a risk factor for certain cancers. Maintaining a healthy weight will reduce the risk of these metabolic complications and may protect you from certain cancers. Age-related aches and pains, genetics, use of certain chronic medications associated with weight gain and 24-hour-a-day food delivery services make it harder for those struggling to take off the pounds. But it can be done by incorporating some simple strategies. I've helped my older patients lose weight and keep it off by prioritizing a healthy diet and lifestyle.

When does your metabolism begin to slow down, and how big a role does that play in gaining weight as we age?
Your metabolism can start to slow down after your 20s. It's hard to pinpoint because our diet and activity level may be changing. Other factors can play a role in weight gain including use of medications such as steroids and certain psychiatric medications, untreated anxiety and depression and hormonal disorders such as untreated hypothyroidism.

Is there anything you can do to keep it from slowing down, or is it simply part of the aging process?
Exercise is the one thing that will increase metabolism, burn calories and increase endorphins. I recommend at least 30 minutes daily of something, even if it's just walking. Weight-bearing exercise promotes bone strength and can reduce the risk of fractures.

Do we need fewer calories the older we get?
A person's metabolism is very fine-tuned and dependent on their height and weight and activity level. Generally, most women need around 1,500 calories daily to maintain their weight and men need 2,000 calories daily, but this is individual-dependent.

What lifestyle adjustments can help us age well in regard to our weight?
I stress exercise to all my patients, as this can increase your metabolism and ability to burn calories. A combination of cardio with light weights or resistance training is important for women, especially because it helps build muscle tone which particularly can drop post-menopause. Swimming is a great exercise for seniors and can help with muscle tone and mobility, so see if you can find a local Y that has swim classes. If you feel like even with diet and lifestyle changes that you are still struggling to lose weight, consider seeing a specialist for weight loss.

SHEILA DOUGHERTY

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ARIZONA (-101) AT DETROIT (-109)

MONTREAL (+113) AT EDMONTON (-125)

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LATEST ODDS [NFL WEEK 11]

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Bowles likely to stay through 2018

The latest on the Jets head coach's job status.

JOE PANTORNO
joseph.pantorno@metro.us

New York Jets head coach Todd Bowles is undoubtedly on the hot seat after Sunday's loss to the Bills. However, he might not be going anywhere yet. GETTY IMAGES

Todd Bowles' job as New York Jets head coach is on dangerously thin ice after Week 10. A 41-10 beatdown at the hands of the hapless Buffalo Bills is just the latest blunder on the 54-year-old's resume.

Hosting a team that had scored a combined 20 points over their last three games with a quarterback making his first appearance since the 2016 season in Matt Barkley, the Jets allowed 31 unanswered points in the first half to dig an embarrassing hole too deep to get out of.

As was the case for the Jets during a 2018 season in which they are now 3-7 after four straight losses, the team was lifeless. An offense headed by veteran quarterback Josh McCown, who stepped in for injured rookie Sam Darnold, could only accrue a single yard of total offense in the first quarter. It was the team's worst opening quarter since 1991.

It paved the way for a miserable 199-yard day on offense while the defense was torched by Barkley and running back LeSean McCoy for 451 yards.

The lackluster effort has the Jets reeling for yet another season as they are on pace for a fourth losing season in five years.

Granted, expectations were generally low surrounding Gang Green this year after two consecutive 5-11 campaigns. With a new quarterback in Darnold, though, ushering in the rebuild, the Jets were at least poised to take a step in the right direction.

Now they've hit an all-time low after Week 10, with Bowles as the scapegoat.

The one redeeming factor of Bowles throughout the past two losing seasons was that his players were willing to run through walls for him. Especially last season, when McCown and Co. reeled off an unlikely five victories form their first 12 games.

Sunday's spiritless affair against a woeful Bills team was overwhelming evidence that that is not the case anymore.

If the players aren't willing to give their all for a head coach who is on the verge of three straight sub-.500 seasons, there isn't much reason to keep him on.

It looks as though the Jets' outlook on Bowles is slowly changing, per SNY's Ralph Vacchiano, while multiple sources around the organization told him that they don't want to see Bowles go.

He added that if Bowles is indeed axed, it won't happen until the end of the season seeing as there is not a "logical replacement" within the Jets' current staff.

Jets management will have a break to mull things over as the team is on a bye come Week 11. However, they will be facing off against a New England Patriots team that will also be coming off a bye week after an embarrassing loss to the Tennessee Titans on Sunday.

FOR GIANTS MONDAY NIGHT COVERAGE, VISIT METRO.US/SPORTS

Yanks checking in on Manny Machado

The Yankees' interest in the star infielder might be greater than expected.

JOE PANTORNO
joseph.pantorno@metro.us

The Yankees are asking for background information on All-Star infielder Manny Machado. GETTY IMAGES

The New York Yankees' interest in Manny Machado might be higher than initially believed.

Less than two weeks after reports emerged that the Yankees' desire for the star shortstop and third baseman had significantly decreased, the Athletic's Ken Rosenthal reported on Monday morning that the Bronx Bombers are seeking background information on Machado.

This does not mean that the Yankees have become favorites in the Machado sweepstakes or that they are making him a top priority. However, SNY's Andy Martino added that they are "ready to pounce" should the market for the 26-year-old remain reasonable.

As it stands, Machado is currently looking for a new contract that could pay him over $300 million during a 10-year span. That kind of contract would put him close to the top of Major League Baseball's richest contracts, alongside Giancarlo Stanton's mammoth deal, which is also currently being paid by the Yankees.

Bringing on another enormous contract has raised the question of whether or not the Yankees would deal Stanton, who does have a no-trade clause. The belief is that he would waive the NTC should a return to his hometown in Los Angeles be in the cards.

The Yankees are apparently more interested in Machado rather than outfielder Bryce Harper, who was thrust into the Bronx rumor mill last week when his agent, Scott Boras, said he could play first base.

New York might be in need of an every-day first baseman should Luke Voit's monster second half prove to be a flash in the pan.

However, the Yankees are in need of help on the left side of their infield a bit more. Shortstop Didi Gregorius is poised to miss a large chunk of the 2019 season after undergoing Tommy John surgery, and Machado would be a significant upgrade.

The former Baltimore Oriole, who was dealt to the Los Angeles Dodgers at the deadline, is coming off a career year in which he batted .297 with 37 home runs and 107 RBI.

Slotting him in at shortstop would allow the Yankees to keep Gleyber Torres at second and the defensively-troubled Miguel Andujar at third.

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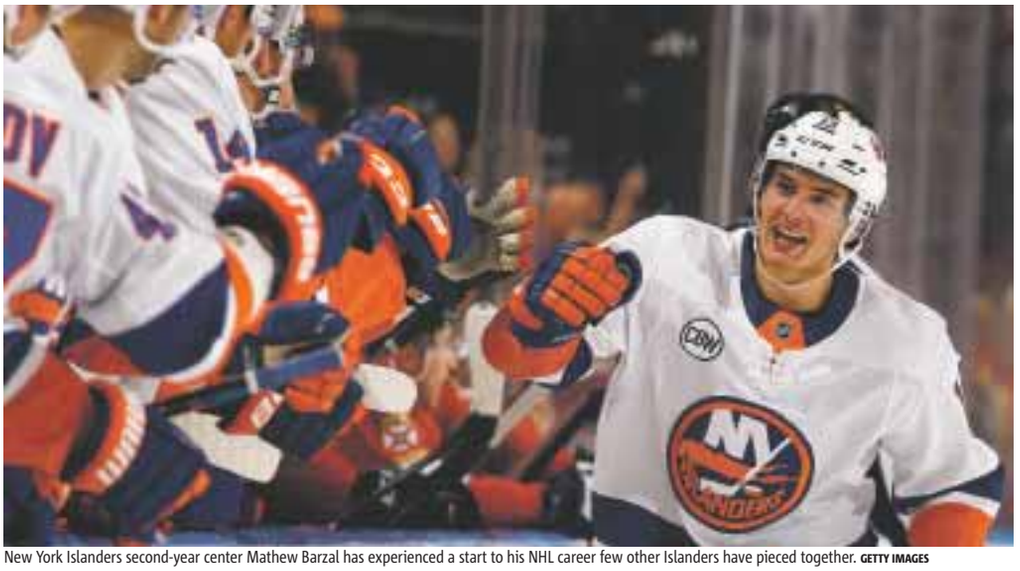
Isles' Barzal with elite start to NHL career

With 100 games under his belt, the Islanders center is putting up big numbers.

JOE PANTORNO
joseph.pantorno@metro.us



New York Islanders second-year center Mathew Barzal has experienced a start to his NHL career few other Islanders have pieced together. GETTY IMAGES

New York Islanders center Mathew Barzal might not be having the ideal kind of goal-scoring output to start his second season in the NHL, but there is no denying that he is one of the best young talents his franchise has ever seen.

A tilt tonight against the Vancouver Canucks will mark the 101st game of the reigning Calder Trophy winner's career. If the first 100 games were any indication of what the Islanders have, it's that they have a bona fide star.

In his first 100 games as an NHLer, the British Columbia native has racked up 99 points on 24 goals and 75 assists. A bulk of those tallies came in his Rookie of the Year campaign in 2017-18, leading the Islanders with 85 points in 82 games behind 22 goals and 63 assists.

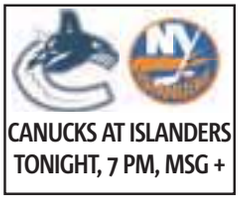
Nonetheless, it's been an extremely successful start for the 21-year-old. So successful, in fact, that he's put up the third-most points through his first 100 games in franchise history.

Mike Bossy, considered by many as the greatest pure goalscorer in league history, hit the 100-point mark in just 79 games. He accrued 127 points in his first 100 games. His teammate and fellow Hall of Famer Bryan Trottier hit 100 points in his first 93 games.

Barzal blew the doors off the production of former captain John Tavares, considered by many as an all-time franchise great before signing with the Toronto Maple Leafs this summer. In Tavares' first 100 games, he had just 66 points.

As many Islanders fans view Barzal as one of the franchise saviors to help erase the memory of Tavares, New York's No. 13 isn't looking too much into his start.

"It's just been a fun ride the last year and a bit," Barzal said, per Newsday. "It went by quick. There's ups and downs being the first 100 games, getting used to the speed and the size of these guys up here. I'm just trying to adapt and keep playing my game."



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NOTICE IS HEREBY GIVEN that a license, Number 1314346, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 856 10th Ave., New York, NY 10019. New York County, for on-premises consumption. Beakon Capital Corp.

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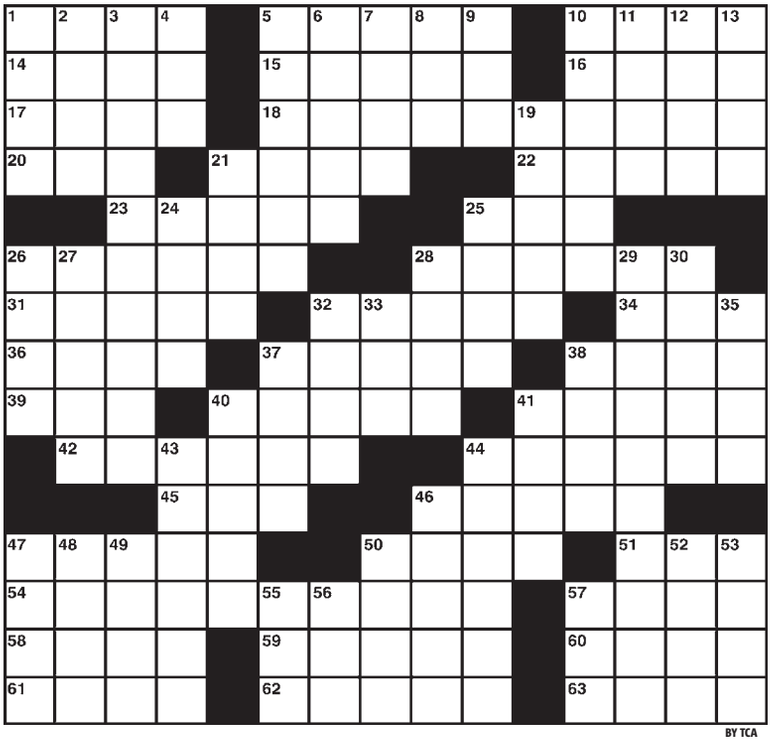

BY TCA

ACROSS

1 Wasn't __ of; disliked
5 European nation
10 __ the fat; chat
14 Over-the-hill
15 Venomous critter
16 Biblical verb
17 Word of agreement
18 "I pledge __ to the flag..."
20 __ out; begin a trip
21 Unrestrained
22 As __ as a feather
23 Angers
25 Evergreen tree
26 Locations
28 Seashores
31 __ the roost; held sway
32 Was nosy
34 Gun the engine
36 Very dry
37 Plant parts
38 Blaze
39 Nevertheless
40 Like old poorly-wrapped cheese
41 Go away
42 Bundle of energy
44 Actor James __
45 Afternoon hour
46 Injured arm support
47 Religious leader
50 Mahogany or cedar
51 __, dos, tres...
54 Extremely funny
57 Do farm work
58 No longer with us
59 Keats and Yeats
60 Make money
61 Uneasy
62 Too sentimental
63 Weapons

DOWN

1 Singer & pianist Domino
2 Meanie
3 Switzerland's WWII position
4 Ike's initials
5 Frightens
6 Warsaw natives
7 Capable
8 County Cork's nation: abbr.
9 Henpeck
10 Pieces of furniture
11 Word attached to nail or out
12 Engrave
13 Sharpen
19 Epic poem by Homer
21 Got away
24 Like gooey cinnamon rolls
25 Enemies
26 Pastor's advice
27 Enticed
28 Salt Lake __
29 Shaped like a billiards rack
30 "They also __ who only stand and wait"
32 Explorer Marco
33 Stewart or Serling
35 Swerve off course
37 European capital city
38 Bouquet greenery
40 Excessive enthusiasm
41 __ to rest; buried
43 Nary a soul
44 Shiny
46 Word in the title of 2 U.S. state names
47 Impolite
48 Ridiculed
49 Boast
50 Miseries
52 Role on "Cheers"
53 Possesses
55 Record speed letters
56 End of a vowel list
57 __ green

metro.us/wordsearch

G	G	O	L	D	B	E	R	G	L
N	A	N	I	U	G	W	T	A	S
I	T	P	P	O	H	S	C	T	I
K	H	U	T	O	O	I	A	F	L
N	E	R	O	W	S	R	R	C	Z
O	V	P	Y	U	T	O	E	O	C
I	I	L	M	R	H	L	T	L	Y
L	E	E	E	T	I	E	S	O	Q
K	W	K	U	E	P	D	I	R	X
E	X	A	T	R	J	W	S	Z	O

Author
Celie
Color
Deloris
EGOT
Ghost
Goldberg
Guinan
Lion King
Musical
Purple
Sister Act
Star Trek
The View
Whoopi

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Category: Superhero

T	P			
A	A	C		
I	N	M		
L	E	A		
	V	R		

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

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	8		3		5		4	
5				6			7	
			7		1	5	9	
2			6		9		1	
	1						2	
	7		2		8			3
	5	9	4		7			
	4			8				9
	2		9		3		8	

Yesterday's Answers

	B	O	A		U	R	B	A	N		A	L	S	O
D	I	S	C		N	E	I	G	H		B	O	L	D
O	N	C	E		L	I	K	E	L	I	H	O	O	D
C	S	I		D	I	N	E	S		R	O	M	P	S
		L	O	O	K	S			N	O	R			
F	E	L	I	N	E			K	A	N	S	A	S	
O	R	A	L	S		H	E	A	P	S		N	O	V
R	O	T	S		M	U	L	L	S		H	E	R	E
D	D	E		D	O	G	I	E		M	I	S	E	R
	E	S	C	A	P	E			W	I	N	T	R	Y
			O	N	E			L	O	A	T	H		
I	S	A	A	C		S	H	U	N	S		E	L	S
C	O	R	R	E	S	P	O	N	D		S	T	O	P
E	L	M	S		R	A	N	G	E		R	I	T	A
D	O	S	E		S	N	E	E	R		A	C	T	

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